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March 27, 2005

Commissioner for Patents
P.O. Box 1450
Alexandria, VA 22313-1450

Art Unit 3764, Application No. 10/764,427
Examiner: Mr. Tam M. Nguyen

Applicant submits the following comments and changes in response to Office Action mailed February 3, 2005.

1. The Applicant appreciates Examiner's advice on Arrangement of the Specification and on securing services of a registered patent attorney or agent. The Applicant hopes the Examiner would understand financial limitation precludes securing such services at this time, and he has to continue to process this application based solely on a patent self-help book. While no attempt has been made to market any Fast Arm-Swing Tether, much effort has gone into spreading the concept advocated by the Application.

After much communications with many sources, it is a pleasure to report that a small inroad has been made with the U.S. Olympic Commitment following numerous letters to various individuals in the organization. The attached letter from the USOC shows that the Head of Sport Biomechanics and Engineering has given some initial indication on supporting the concept.

Successful result of testing FAST is essentially a fait accompli. Since filing the Application, Applicant has used the device in the Houston Marathon in January 2004 and set a personal record for the 26-mile event, 15 minutes faster than in 2003. In January 2005, Applicant used it again to lower his personal record time by another 9 minutes, sufficient to qualify for Boston Marathon. The Applicant is set to debut the device in the Boston race this April, but unfortunately, an injury at this moment has curtailed training and clouds outlook for a good performance.

2. Eight patents cited in Office Action pertained to species totally different from the device described in current Application, which enhances arm swing pendulum motion through physics, with reduction of rotational inertia not matched by any of the patents. Comments on the prior inventions are as follows:

- Cooper – described in Page 4, 4th paragraph of Application,
- Sands – described in Page 4, 4th paragraph of Application,
- Geh – a muscular development device not involving pendulum motion,
- Segarra – essentially like first FAST Application, No. 09/168,441, abandoned,
- Darkwah – no rigid frontal protrusion,
- Wells – no rigid frontal protrusion,
- Moye – more akin to a vendor tray than a running device, and
- Chee – essentially like first FAST Application, No. 09/168,441, abandoned.